

We are busy with a series called UNSTUCK.

- And what we are trying to figure out is how to get unstuck spiritually.

Two weeks ago, we spoke about: **Picking your C.**

- If you are stuck there are most likely one of five C's ...
- That you need to pay attention to.

Pick your C.

1. Calling
2. Connection
3. Character
4. Competence
5. Chemistry

Moving to Flip Chart

So, what if one or more of these things are an issue?

- Then you need to Choose to and Work Towards to ...
- Getting unstuck in those areas.

CHOOSE TO ... get unstuck.

"Life is the sum of all of your choices." Albert Camus (French Philosopher)

Every day we make choices that will lead us ...

- To either get stuck or unstuck spiritually.
- Therefore, every choice matters.

What are some of these choices we need to make daily.

- Before we even put in the work towards getting unstuck.

You have to Choose to ...

1. Stay away from ^[what I call] **The Victim Vortex**

Move to Flip-chart

In principle, we want to move from ...

- Here (STUCK) → There (UNSTUCK).

And right HERE is what I call "The Victim Vortex."

- And the deeper you go into this baby, the harder it is to get out.

Not only does the Victim Vortex have an enormously pulling power.

- That just drags you deeper and deeper into an never ending abyss.
- But, its whole interior is covered not with wall to wall carpets.
- But with wall to wall mirrors.

What is the Victim Vortex?

- It is going into a "space" and "place" where you start ...
- Feeling sorry for yourself ...

Poor me. Why me????

- I am so unique; my situation is unique.
- Why don't I have it as easy as others.
- I will never be able to change.
- I am different that others, my situation is different than theirs.

This is impossible ...

- The journey is too far, to long, to difficult.
- It is to overwhelming.
- I just can't do it!
- ...

That is the Victim Vortex.

- And that is what you need to choose to stay away from.
- If you want to have any hope in moving from Stuck → Unstuck!

In Matthew 19 Jesus called a rich young man to leave everything

- In order to follow him.
- The man felt like this was not possible.
- And therefore, CHOSE to walk away.

Matthew 19:22–26 ²² When the young man heard this, he went away sad, because he had great wealth.

He entered the Victim Vortex and therefore CHOSE to walk aaway.

²³ Then Jesus said to his disciples, "I tell you the truth, it is hard for a rich man to enter the kingdom of heaven.

²⁴ Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."

²⁵ When the disciples heard this, they were greatly astonished and asked, "Who then can be saved?"

²⁶ Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

The victim vortex is one Satan's most well devised schemes.

- Because it puts your eyes on yourself instead of God.
- And all the energy that was needed to move from ...
- Here to THERE – STUCK → UNSTUCK.
- Is now consumed in trying navigate the Vortex.

If you want to get unstuck you have to CHOOSE ...

- To stay away from the Victim Vortex.
- It is a Choice, not an easy choice, but a choice.

Next decision. You have to make the choice that ...

2. Here is NOT an Option

Being stuck is not an option.

- Being in no man's land spiritually, is not an option.
- Just surviving spiritually, is not an option.
- Just getting by is not an option.
- Hoping that you would just "drift" into spiritually is not an option.

You have to make the choice that Here is not an Option.

Back in the day of Jesus there was healing pool in Jerusalem called Bethesda.

- Apparently (according to tradition) every now and then ...
- An Angel would come and stir the pool.
- And the first one into the pool after it was stirred would be healed.

In **John 5:3-6** it says that, ³ Here ^[at the healing pool] a great number of disabled people used to lie—the blind, the lame, the paralyzed. ^[One can only imagine] ⁵ One who was there had been an invalid for thirty-eight years.

⁶ When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "DO YOU WANT TO GET WELL?"

In other words, what's is the deal?

- Surely in 38 years you must have been able to find a way.
- To get yourself into the Pool and be healed. ?
- ...

So, what is the deal here? Do you want to get well?

I think a number of us need to be asked that same Question?

- Do you want to get well?
- Do you actually want to get unstuck?

The AA has a 12-step recovery program.

- The very first step is ...

"I am powerless over alcohol and my life has become unmanageable." STEP 1 –
Alcoholics Anonymous

I am powerless over alcohol.

- Not I battle a bit with it or I struggle every now and then.
- I am powerless.

AND my life has become unmanageable.

- Not hard, not uncomfortable, but unmanageable.

In other words, I need help.

- HERE is not an option anymore.

You will never get "well" or "unstuck" or "better."

- If "HERE" remains an option for you.

You have to make a decision. HERE is not an OPTION.

Choose to ...

3. Take complete OWNERSHIP of your life

In the book of Joshua.

- The Israelites' are worshipping false God.

So, Joshua says to them, **Joshua 24:14–15** ¹⁴ "... fear the Lord and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the Lord.

¹⁵ But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living.

But as for me and my household, we will serve the Lord."

Listen, you guys need to do what you need to do.

- But, as for me and my household.
- We are serving the Lord.

He OWNED it!

Your spiritual life is your responsibility.

- Getting unstuck is your responsibility.

It is not the churches responsibility.

- It is not your spouse's responsibility.
- It is not your parent's responsibility.
- It is YOUR responsibility.

Let's take the C's.

- If you are call is not clear.
- Whose responsibility is it to make it clear?
- It is your responsibility.

If you don't feel connected to God.

- Whose responsibility is it for you to get connected to God?
- It is your responsibility!

If you are not living in loving union with Jesus.

- Whose reasonability is it to get you to be in loving union with Jesus?
- It is your responsibility.

If you don't have the character or the competencies ...

- To meet the demands of your reality.
- Whose responsibility is it to develop your character & competency.
- It is your responsibility.

We are there as a church to help you do what it is that you want to do.

- What which you are owning.
- We cannot "want" it for you.
- And we cannot own it for you.

I think a number of us are stuck.

- And we have been stuck for years ...
- Because we are not taking ownership!

Make the Choice!

- OWN IT!

Ok, so you have to ...

1. Choose to avoid the Victim Vortex.
2. Choose that Here is not an Option.
3. Choose to take Ownership.

Only once you have made those choices ...

- Will you be able to start working towards getting unstuck?

WORK TOWARDS ...

1. Get a Mentor

In the bible, a number of people had mentors.

- Joshua had Moses.
- Elisha had Elijah.
- Naomi had Ruth.
- Paul had Barnabas
- Timothy had Paul.

You want to get unstuck?

- Get a mentor.

Why do I need a mentor?

- If you could be where you needed to be by yourself.
- You would be there right now.

So, get a mentor, someone that is ahead of you ...

- And ask them good questions.
- ... (Examples)

2. Read everything that you can

Psalm 19:8⁸ The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

God's word has the ability sanctify us (John 17:17)

- To makes us holy (Eph. 5:26)
- To revive our soul (Ps. 19:7)

It Increases our Faith (Rom. 10:17)

- For it is the Seed of the Sower (Mark 4:14)
- It is the Bread of Life (Matt. 4:4)

Therefore, read everything that you can.

You want a loving union with Jesus.

- Read everything that you can on it.
- Read the bible.
- The devotional books.

Read everything that you can, not what someone else can.

- What you can!

3. Pray through it

In the garden of Gethsemane Jesus wrestled with God for 3 hours.

- In order to surrender himself to God's will.
- In order to get unstuck from what it was that he was feeling.

Luke 22:44 ⁴⁴ ... being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Work it out in prayer.

- God, what do you want me to do?
- How do you want me to do it?

Give me the emotional, physical, spiritual and mental capacity.

- That will exceed the demands of my reality.
- ...

4. Do it

You have studied, prayed and been mentored.

- Now do it.

You have studied out discipline, now be disciplined.

- Get up and get into your bible in the morning!

You are working at not being a control freak.

- Now don't be one.

You working on stepping up and leading your family?

- Now step up and lead.

5. Reflect on it

Socrates said, "The unexamined life is not worth living." Socrates

One a week, reflect.

- How am I doing on this?
- Where am I doing well? Where can I do better?

6. Get 2% better

Consistency always beats intensity.

- Drawing it out.

$$2\%+2\%+2\% \times 52 = 100\%$$

Meeting in the beginning of the year

1. Get a Mentor
2. Read everything you can
3. Pray through it
4. Do it.
5. Reflect on it
6. Get 2% better